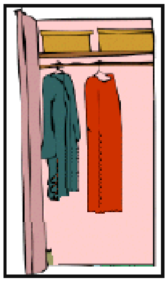
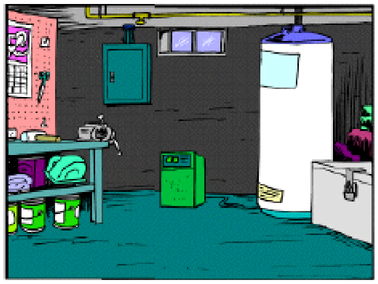
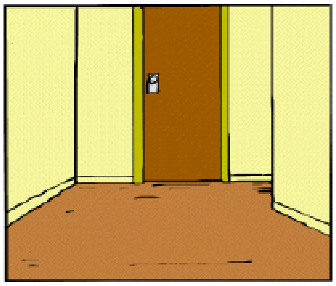
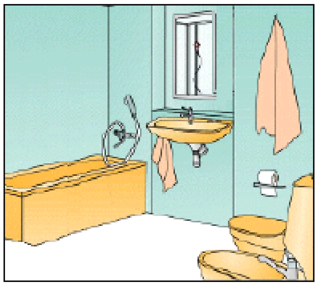
Dabayl xoog badan (Ufo)

Meel tilmaanso ay xubnaha qoysku isugu yimaadaan haddii ufadu xaggiina u soo socoto.

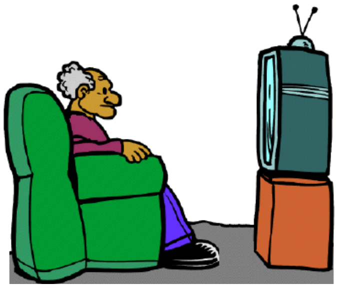
Qolalka dhulka hoostiisa ayaa fiican, haddii aanad lahayn, dooro meelaha la maro guriga dhexdiisa, musqul ama armaajo dabaqa hoose ah.

Haddii aad dibedda joogto, ku soo carar qolka hoose ama dhismo adag ama jiifso meel godan ama dhul hooseeya.

Haddii aad baabuur ku jirto ama guryaha guura, ka bax isla markiiba oo raadso meel aad ku badbaado.

Ufada kadib, iska ilaali xadhkaha dabka soo goa'y oo ka fogow meelaha

waxtyeeloobay.



Ka dhagayso raadiyaha ama TV-ga wixii macluumaad iyo awaamiir ah.

Xusuuso: Haddii aanad lahayn qol dhulka hoostiisa ah, musqusha dabaqa hoose ayaa ugu fiican meel laga galo ufada. Hubi inaad u sii qaadato raadiyaha cimilada meesha aad kuu gabboodka ah.

Public Health
Prevent, Promote, Protect
Fargo Cass Public Health

Text from "Are You Prepared?" by the Cass (ND) and Clay (MN) Emergency Planning Partnerships. Created with funding provided by Fargo Cass Public Health through the Cities Readiness Initiative (CRI) Adapted by Healthy Roads Media (www.healthyroadsmedia.org)